## **Grains and Breads**

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mien noodles</li> <li>Crackers (saltines and snack crackers)</li> </ul>	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
<ul> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (white, wheat, whole wheat, French, Italian)</li> <li>Buns (hamburger and hotdog)</li> <li>Crackers (graham crackers - all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (white, wheat, whole wheat)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (white, wheat, whole wheat, potato)</li> <li>Tortillas (wheat or corn)</li> <li>Tortilla chips (wheat or corn)</li> <li>Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul> <li>Cookies <sup>2</sup> (plain)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies <sup>2</sup>, fruit turnovers <sup>3</sup>, and meat/meat alternate pies)</li> <li>Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz 34 serving = 23 gm or 0.8 oz 12 serving = 16 gm or 0.6 oz 13 serving = 8 gm or 0.3 oz

Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

<ul> <li>Doughnuts ³(cake and yeast raised, unfrosted)</li> <li>Granola bars ³ (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll ³ (unfrosted)</li> <li>Toaster pastry ³ (unfrosted)</li> <li>Cookies ² (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts ³ (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars ³</li> <li>Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet roll ³ (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls ³ (frosted)</li> <li>Toaster pastry ³ (frosted)</li> <li>Coffee cake ³</li> <li>Brownies² (plain)</li> <li>Cake ² (all varieties, frosted)</li> <li>Barley</li> <li>Barley</li> <li>Barley</li> <li>Barley</li> <li>Reakfast cereals (cooked) ⁴</li> <li>Bulgur or cracked wheat</li> <li>Mals All shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravoil (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> <li>Serving = 50 gm or 2.0 gm or 0.5 oz</li> <li>% serving = 63 gm or 2.2 oz</li> <li>% serving = 31 gm or 1.7 oz</li> <li>% serving = 31 gm or 1.7 oz</li> <li>% serving = 16 gm or 2.0 oz</li> <li>% serving = 75 gm or 2.7 oz</li> <li>% serving = 75 gm or 2.7 oz</li> <li>% serving = 19 gm or 0.7 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP G</li> <li>I serving = 11 gm or 0.6 oz</li> <li>I serving = 19 gm or 0.7 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>I serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>I serving = ½ cup cooked (or 25 gm dry)</li> </ul>	GROUP D	MINIMUM SERVING SIZE FOR GROUP D
unfrosted) Granola bars ³ (plain) Wiffins (all, except corn) Sweet roll ³ (unfrosted) Toaster pastry ³ (unfrosted)  Cookies ² (with nuts, raisins, chocolate pieces and/or fruit purees) French toast Grain fruit bars ³ Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls ³ (frosted)  French toast Grain fruit bars ³ Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls ³ (frosted)  French toast Grain fruit bars ³ Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls ³ (frosted)  Four field in the fi		
<ul> <li>Muffins (all, except corn)</li> <li>Sweet roll <sup>3</sup> (unfrosted)</li> <li>Toaster pastry <sup>3</sup> (unfrosted)</li> <li>Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars <sup>3</sup></li> <li>Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Cake <sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake <sup>3</sup></li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>Kerving = 13 gm or 0.5 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP E</li> <li>1 serving = 63 gm or 2.2 oz</li> <li>4 serving = 16 gm or 0.6 oz</li> <li>1 serving = 75 gm or 2.7 oz</li> <li>4 serving = 75 gm or 2.7 oz</li> <li>5 gm or 2.0 oz</li> <li>5 serving = 38 gm or 1.3 oz</li> <li>5 serving = 115 gm or 4 oz</li> <li>5 serving = 86 gm or 3 oz</li> <li>5 serving = 88 gm or 2 oz</li> <li>5 serving = 88 gm or 2 oz</li> <li>5 serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>1 serving = ½ cup cooked (or 25 gm dry)</li> </ul>	unfrosted)	
• Sweet roll ³ (unfrosted) • Toaster pastry ³ (unfrosted)  GROUP E  • Cookies ² (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts ³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars ³ • Granola bars ³ (with nuts, raisins, chocolate piece and/or fruit) • Sweet rolls ³ (frosted) • Toaster pastry ³ (frosted)  GROUP F  • Cake ² (plain, unfrosted) • Coffee cake ³  • Brownies² (plain) • Cake ² (all varieties, frosted)  GROUP H  • Barley • Breakfast cereals (cooked) ⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • RaVOIP I  MINIMUM SERVING SIZE FOR GROUP H  1 serving = 16 gm or 0.6 oz  MINIMUM SERVING SIZE FOR GROUP F  1 serving = 75 gm or 2.7 oz  ½ serving = 75 gm or 2.7 oz  ½ serving = 19 gm or 0.7 oz  MINIMUM SERVING SIZE FOR GROUP G  1 serving = 115 gm or 4 oz  ¾ serving = 86 gm or 3 oz  ¾ serving = 86 gm or 3 oz  ¾ serving = 29 gm or 1 oz  MINIMUM SERVING SIZE FOR GROUP H  1 serving = ½ cup cooked (or 25 gm dry)  MINIMUM SERVING SIZE FOR GROUP H  1 serving = ½ cup cooked (or 25 gm dry)  MINIMUM SERVING SIZE FOR GROUP H  1 serving = ½ cup cooked (or 25 gm dry)  MINIMUM SERVING SIZE FOR GROUP H  1 serving = ½ cup cooked (or 25 gm dry)	Granola bars <sup>3</sup> (plain)	
<ul> <li>Toaster pastry <sup>3</sup> (unfrosted)</li> <li>GROUP E</li> <li>Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars <sup>3</sup></li> <li>Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Coffee cake <sup>3</sup></li> <li>Brownies <sup>2</sup> (plain, unfrosted)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Barley</li> <li>Barley</li> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Ravioli (noodle only)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Serving = 115 gm or 4 oz</li> <li>4 serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Serving = ½ cup cooked (or 25 gm dry)</li> </ul>	Muffins (all, except corn)	1/4 serving = 13 gm or 0.5 oz
• Cookies ² (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts ³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars ³ • Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls ³ (frosted) • Toaster pastry ³ (frosted) • Cake ² (plain, unfrosted) • Caffee cake ³ • Brownies ² (plain) • Cake ² (all varieties, frosted) • Cake ² (all varieties, frosted) • Cake ² (all varieties) • Breakfast cereals (cooked) ⁴ • Barley • Breakfast cereals (cooked) ⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	Sweet roll <sup>3</sup> (unfrosted)	
<ul> <li>Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars <sup>3</sup></li> <li>Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Cake <sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake <sup>3</sup></li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Barley</li> <li>Ba</li></ul>	Toaster pastry <sup>3</sup> (unfrosted)	
pieces and/or fruit purees)  Doughnuts 3 (cake and yeast raised, frosted or glazed)  French toast Grain fruit bars 3 Granola bars 3 (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls 3 (frosted) Toaster pastry 3 (frosted)  Cake 2 (plain, unfrosted) Coffee cake 3  GROUP F  GROUP G  Brownies 2 (plain) Cake 2 (all varieties, frosted)  Cake 2 (all varieties, frosted)  Cake 3 (all shapes) Barley Breakfast cereals (cooked) 4 Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) RAvioli (noodle only) Rice (enriched white or brown)  Minimum SERVING SIZE FOR GROUP I  MINIMUM SERVING SIZE FOR GROUP G  MINIMUM SERVING SIZE FOR GROUP H  1 serving = 115 gm or 4 oz  3/4 serving = 86 gm or 3 oz  4/5 serving = 58 gm or 2 oz  5/5 serving = 58 gm or 2 oz  5/6 serving = 58 gm or 2 oz  6/7 serving = 58 gm or 3 oz  6/7 serving = 58 gm or 2 oz  6/7 serving = 58 gm or 3 oz  6/7 serving = 58 gm or 4 oz  7/6 serving = 58 gm or 2 oz  9/6 serving = 58 gm or 3 oz  9/6 serving = 58 gm or 4 oz  9/6 serving = 58 gm or 4 oz  9/6 serving = 58 gm or 2 oz  9/6 serving = 58 gm or 3 oz  9/6 serving = 58 gm or 4 oz  9/6 serving = 58 gm or 50 serving = 58 gm or 4 oz  9/6 serving = 58 gm or 50 serving = 58 gm or 50 servi		MINIMUM SERVING SIZE FOR GROUP E
<ul> <li>Doughnuts ³ (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars ³</li> <li>Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls ³ (frosted)</li> <li>Toaster pastry ³ (frosted)</li> <li>Cake ² (plain, unfrosted)</li> <li>Coffee cake ³</li> <li>Brownies² (plain)</li> <li>Cake ² (all varieties, frosted)</li> <li>Cake ² (all varieties)</li> <li>Barley</li> <li>Barley</li></ul>		
frosted or glazed) French toast Grain fruit bars 3 Granola bars 3 (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls 3 (frosted) Toaster pastry 3 (frosted)  GROUP F Cake 2 (plain, unfrosted) Coffee cake 3 Coffee cake 3 Coffee cake 3 MINIMUM SERVING SIZE FOR GROUP F Cake 2 (plain, unfrosted) Coffee cake 3 MINIMUM SERVING SIZE FOR GROUP G MINIMUM SERVING SIZE FOR GROUP G  Brownies 2 (plain) Cake 2 (all varieties, frosted)  GROUP H  Barley Breakfast cereals (cooked) 4 Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)  MINIMUM SERVING SIZE FOR GROUP I  MINIMUM SERVING SIZE FOR GROUP H  1 serving = 19 gm or 1 oz  MINIMUM SERVING SIZE FOR GROUP H  1 serving = 29 gm or 1 oz  MINIMUM SERVING SIZE FOR GROUP H  1 serving = ½ cup cooked (or 25 gm dry)  MINIMUM SERVING SIZE FOR GROUP H  MINIMUM SERVING SIZE FOR GROUP H  MINIMUM SERVING SIZE FOR GROUP H  MINIMUM SERVING SIZE FOR GROUP I  MINIMUM SERVING SIZE FOR GROUP I		
<ul> <li>French toast</li> <li>Grain fruit bars <sup>3</sup></li> <li>Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Cake <sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake <sup>3</sup></li> <li>GROUP G</li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Erving = 75 gm or 2.7 oz <sup>3</sup>/<sub>4</sub> serving = 56 gm or 2 oz <sup>2</sup>/<sub>2</sub> serving = 38 gm or 1.3 oz <sup>3</sup>/<sub>4</sub> serving = 19 gm or 0.7 oz</li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Fasrving = 115 gm or 4 oz <sup>3</sup>/<sub>4</sub> serving = 86 gm or 3 oz <sup>3</sup>/<sub>4</sub> serving = 58 gm or 2 oz <sup>3</sup>/<sub>4</sub> serving = 58 gm or 2 oz <sup>3</sup>/<sub>4</sub> serving = 29 gm or 1 noz</li> <li>Barley</li> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul>		•
<ul> <li>Grain fruit bars <sup>3</sup></li> <li>Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Cake <sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake <sup>3</sup></li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Barley</li> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul> MINIMUM SERVING SIZE FOR GROUP I MINIMUM SERVING SIZE FOR GROUP H 1 serving = 115 gm or 4 oz 3/4 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ½ serving = 29 gm or 1 oz MINIMUM SERVING SIZE FOR GROUP H 1 serving = ½ cup cooked (or 25 gm dry) MINIMUM SERVING SIZE FOR GROUP I	,	1/4 serving = 16 gm or 0.6 oz
<ul> <li>Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls <sup>3</sup> (frosted)</li> <li>Toaster pastry <sup>3</sup> (frosted)</li> <li>Cake <sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake <sup>3</sup></li> <li>Brownies <sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>Barley</li> <li>Barley</li> <li>Barley</li> <li>Bareakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>1 serving = 115 gm or 4 oz</li> <li>3/4 serving = 86 gm or 3 oz</li> <li>½ serving = 58 gm or 2 oz</li> <li>½ serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>1 serving = ½ cup cooked (or 25 gm dry)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul>		
chocolate pieces and/or fruit) Sweet rolls ³ (frosted) Toaster pastry ³ (frosted)  GROUP F Cake ² (plain, unfrosted) Coffee cake ³ Coffee cake ³ Coffee cake ³ Cake ² (plain) Cake ² (all varieties, frosted)  GROUP G  MINIMUM SERVING SIZE FOR GROUP G  MINIMUM SERVING SIZE FOR GROUP G  Serving = 19 gm or 0.7 oz  MINIMUM SERVING SIZE FOR GROUP G  Serving = 86 gm or 3 oz Serving = 58 gm or 2 oz Serving = 58 gm or 2 oz Serving = 29 gm or 1 oz  MINIMUM SERVING SIZE FOR GROUP H  Barley Breakfast cereals (cooked) ⁴ Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)  MINIMUM SERVING SIZE FOR GROUP I  MINIMUM SERVING SIZE FOR GROUP I		
<ul> <li>Sweet rolls ³ (frosted)</li> <li>Toaster pastry ³ (frosted)</li> <li>GROUP F</li> <li>Cake ² (plain, unfrosted)</li> <li>Coffee cake ³</li> <li>Coffee cake ³</li> <li>GROUP G</li> <li>Brownies ² (plain)</li> <li>Cake ² (all varieties, frosted)</li> <li>Barley</li> <li>Barley</li> <li>Breakfast cereals (cooked) ⁴</li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>CROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Serving = ½ cup cooked (or 25 gm dry)</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> </ul>	• Granola bars <sup>3</sup> (with nuts, raisins,	
• Toaster pastry ³ (frosted)  GROUP F  • Cake ² (plain, unfrosted) • Coffee cake ³ • Coffee ca		
• Cake ² (plain, unfrosted) • Coffee cake ³ • Cake coffee cake ³ • Cake coffee cake ³ • Cake coffee cake ³ • Brownies coffee cake 3 • Cake coffee cake		
<ul> <li>Cake ² (plain, unfrosted)</li> <li>Coffee cake ³</li> <li>Coffee cake ³</li> <li>Coffee cake ³</li> <li>Coffee cake ³</li> <li>Serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP G</li> <li>Brownies² (plain)</li> <li>Cake² (all varieties, frosted)</li> <li>Serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Barley</li> <li>Breakfast cereals (cooked) ⁴</li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul> MINIMUM SERVING SIZE FOR GROUP I MINIMUM SERVING SIZE FOR GROUP I		
<ul> <li>Coffee cake <sup>3</sup></li></ul>		
## Serving = 38 gm or 1.3 oz ## serving = 19 gm or 0.7 oz    GROUP G   MINIMUM SERVING SIZE FOR GROUP G   Brownies² (plain)	Cake <sup>2</sup> (plain, unfrosted)	
GROUP G  Brownies² (plain) Cake² (all varieties, frosted)  GROUP H  Barley Breakfast cereals (cooked) 4 Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Ravioli (noodle only) Rice (enriched white or brown)  MINIMUM SERVING SIZE FOR GROUP I  MINIMUM SERVING SIZE FOR GROUP I  1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz  MINIMUM SERVING SIZE FOR GROUP H  1 serving = 1/2 cup cooked (or 25 gm dry)  MINIMUM SERVING SIZE FOR GROUP I  MINIMUM SERVING SIZE FOR GROUP I	Coffee cake <sup>3</sup>	
GROUP G  Brownies² (plain) Cake² (all varieties, frosted)  GROUP H  GROUP H  Barley Breakfast cereals (cooked)⁴ Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)  GROUP I  MINIMUM SERVING SIZE FOR GROUP I  1 serving = 29 gm or 1 oz  MINIMUM SERVING SIZE FOR GROUP H  1 serving = ½ cup cooked (or 25 gm dry)  1 serving = ½ cup cooked (or 25 gm dry)  MINIMUM SERVING SIZE FOR GROUP I		•
<ul> <li>Brownies<sup>2</sup> (plain)</li> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>GROUP H</li> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>T serving = 115 gm or 4 oz</li> <li>3/4 serving = 86 gm or 3 oz</li> <li>½ serving = 58 gm or 2 oz</li> <li>½ serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>1 serving = ½ cup cooked (or 25 gm dry)</li> <li>Serving = ½ cup cooked (or 25 gm dry)</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul>	ODOUD O	
<ul> <li>Cake <sup>2</sup> (all varieties, frosted)</li> <li>% serving = 86 gm or 3 oz</li> <li>½ serving = 58 gm or 2 oz</li> <li>¼ serving = 29 gm or 1 oz</li> <li>MINIMUM SERVING SIZE FOR GROUP H</li> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul>		
## Serving = 58 gm or 2 oz  ## serving = 29 gm or 1 oz    GROUP H		
GROUP H  Barley Breakfast cereals (cooked) 4 Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)  GROUP I  MINIMUM SERVING SIZE FOR GROUP I  1 serving = ½ cup cooked (or 25 gm dry) 1 serving = ½ cup cooked (or 25 gm dry)  1 serving = ½ cup cooked (or 25 gm dry)  Nerving = ½ cup cooked (or 25 gm dry)  Nerving = ½ cup cooked (or 25 gm dry)  Minimum Serving Size For GROUP I	• Cake (all varieties, irosted)	
GROUP H  ■ Barley ■ Breakfast cereals (cooked) <sup>4</sup> ■ Bulgur or cracked wheat ■ Macaroni (all shapes) ■ Noodles (all varieties) ■ Pasta (all shapes) ■ Ravioli (noodle only) ■ Rice (enriched white or brown)  GROUP I  MINIMUM SERVING SIZE FOR GROUP I  1 serving = ½ cup cooked (or 25 gm dry)  1 serving = ½ cup cooked (or 25 gm dry)  Noodles (all shapes)  Fasta (all shapes)  Ravioli (noodle only)  MINIMUM SERVING SIZE FOR GROUP I		
<ul> <li>Barley</li> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul> GROUP I 1 serving = ½ cup cooked (or 25 gm dry) Mary Minimum = ½ cup cooked (or 25 gm dry) Minimum =	GROUP H	
<ul> <li>Breakfast cereals (cooked) <sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul> GROUP I MINIMUM SERVING SIZE FOR GROUP I		
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<ul> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul> GROUP I MINIMUM SERVING SIZE FOR GROUP I		
<ul> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul> GROUP I MINIMUM SERVING SIZE FOR GROUP I		
<ul> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul>	` ' '	
<ul> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li>GROUP I</li> <li>MINIMUM SERVING SIZE FOR GROUP I</li> </ul>	· · · · · · · · · · · · · · · · · · ·	
Rice (enriched white or brown)      GROUP I MINIMUM SERVING SIZE FOR GROUP I	, , ,	
GROUP I MINIMUM SERVING SIZE FOR GROUP I	• • • • • • • • • • • • • • • • • • • •	
Describes and hard lifest sound (sold dm) $\frac{4}{3}$ 1 coming = $\frac{3}{3}$ curves 1 or which over in less	·	MINIMUM SERVING SIZE FOR GROUP I
• Ready to eat breakfast cereal (cold dry)     1 Serving = 74 cup of 1 02, whichever is less	Ready to eat breakfast cereal (cold dry) <sup>4</sup>	1 serving = ¾ cup or 1 oz, whichever is less

Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.